



SOLGB78146 00A

Prod # 59192

© 2015 Solgar, Inc.

For more information, call toll-free

1-877-SOLGAR 4, www.solgar.com

Leonia, NJ 07665 U.S.A.

Carefully Manufactured by:

Solgar, Inc., 500 Willow Tree Road



EARTH SOURCE®

MULTI-NUTRIENT

Providing Whole Food Concentrates
Nature's Energy

DIETARY SUPPLEMENT

90 TABLETS

Suitable for Vegans

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....5		Citrus Bioflavonoid Complex.....100 mg	**
Total Carbohydrate.....2 g	<1%**	Dry Wheat Grass Powder.....100 mg	**
Vitamin A.....15,000 IU	300%	Dry Sprouted Barley Powder.....100 mg	**
(100% as natural beta-carotene)		Active Herbal Blend.....112 mg	**
Vitamin C (as calcium ascorbate).....1,000 mg	1667%	(eleuthero [root], ginkgo biloba [leaf], echinacea [aerial], milk thistle [seed], ginger [root], cayenne [fruit])	
Vitamin D (as D2 ergocalciferol).....400 IU	100%	Rutin.....50 mg	**
Vitamin E.....250 IU	833%	Apple Pectin.....25 mg	**
(as d-alpha tocopheryl succinate)		Inositol.....25 mg	**
Thiamin (as thiamin mononitrate).....25 mg	1667%	Oat Fiber.....25 mg	**
Riboflavin.....25 mg	1471%	Quercetin Dihydrate.....25 mg	**
Niacin (as niacinamide, niacin).....25 mg	125%	Choline (as choline bitartrate).....21 mg	**
Vitamin B6 (as pyridoxine HCl).....25 mg	1250%	Betaine (as betaine HCl).....20 mg	**
Folic Acid.....400 mcg	100%	Bromelain.....20 mg	**
Vitamin B12 (as cyanocobalamin).....250 mcg	4167%	(from pineapple - 40 GDU†††)	
Biotin.....50 mcg	17%	Papain (from papaya).....20 mg	**
Pantothenic Acid.....25 mg	250%	Dehydrated Garlic Powder (bulb).....10 mg	**
(as D-Ca pantothenate)		Hesperidin Complex.....10 mg	**
Calcium.....250 mg	25%	Amylase.....5 mg	**
(as calcium carbonate, calcium ascorbate, calcium citrate, D-Ca pantothenate)		L-Glutathione.....5 mg	**
Iron (as iron bisglycinate chelate†).....18 mg	100%	Lipase.....5 mg	**
Iodine (as potassium iodide).....150 mcg	100%	Chlorophyllin.....4 mg	**
Magnesium.....125 mg	31%	Cellulose.....2.5 mg	**
(as magnesium oxide, magnesium citrate)		Coccarboxylase.....2.5 mg	**
Zinc (as zinc picolinate).....15 mg	100%	Pantothine.....2.5 mg	**
Selenium (as L-selenomethionine).....25 mcg	36%	Pyridoxal-5'-Phosphate.....2.5 mg	**
Copper.....0.5 mg	25%	Riboflavin-5'-Phosphate.....2.5 mg	**
(as copper gluconate)		Boron.....1 mg	**
Manganese.....4 mg	200%	(as boron citrate, aspartate, glycinate chelate complex)	
(as manganese gluconate)		Carotenoid Mix.....172 mcg	**
Chromium.....100 mcg	83%	(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as chromium picolinate, yeast free)			
Molybdenum.....50 mcg	67%		
(as molybdenum amino acid chelate†)			
Sodium††.....25 mg	1%		
Potassium (as potassium chloride).....50 mg	1%		
Spirulina.....1 g	**		
Flax, Borage, Sunflower Seed.....200 mg	**		
Oil Powder Blend.....	**		
Chlorella (from broken cell wall).....100 mg	**		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin, Mannitol, Maltodextrin. Contains wheat.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

FREE OF: Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Poison Control Center immediately.

†Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. US Patent No.'s 6,706,904 and 6,716,814 licensed by Abion International, Inc.

††Naturally occurring.

†††Gelatin Digesting Units (2,000 GDU per gram)

This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.